

Table S1. Full electronic search for one database (MEDLINE)

#	Searches	Results
1	young wom?n.mp.	26887
2	middle age* wom?n.mp.	4371
3	premenopause/ or pre-menopausal.mp.	8381
4	childbearing.mp.	11514
5	child bearing.mp.	2522
6	pregnan*.mp.	918461
7	(pre-conception or preconception).mp.	4261
8	(postpartum or postnatal).mp. or Postpartum Period/	151583
9	maternal.mp.	270982
10	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9	1118037
11	(weight gain or weight loss or weight maintenance or weight reduction or weight control or weight management or obesity prevention).mp.	155916
12	((behavi* or lifestyle or diet* or activit* or exercise or sedentary) adj5 intervention*).mp.	53958
13	11 or 12	203190
14	randomized controlled trial.mp. or Randomized Controlled Trial/	471806
15	clinical trial.mp. or clinical trial/	651558
16	random*.tw.	953114
17	trial.tw.	489225
18	systematic review*.mp.	114555
19	meta-analysis.mp.	136587
20	14 or 15 or 16 or 17 or 18 or 19	1679945
21	10 and 13 and 20	3542
22	limit 21 to (english language and humans)	2509

Table S2. Summary of included Randomised Control Trials

Author	Year	Country of origin	Sam ple size	Age	BMI	Pregnancy related	Ethnicity	SES	Clinical Conditio n	No. study arms	Number of interventi on arms	Interven tion focus *	Behaviour change	Mode of delivery	Medium of delivery	Profession intervention deliverer	Setting	Weight related primary outcome	Diet outco me	Physical activity outcome
Daley [1]	2015	UK	76	≥18	18-29.9	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Community midwife	Maternity centre	No	No	Yes
Di Carlo [2]	2014	Italy	154	NC	20-40	Antenatal	NC	NC	NC	2	1	A	Diet	Individual	In-person	Dietitian	Antenatal clinic	Yes	No	No
Dodd, Grivell [3-8]	2014	Australia	2212	NC	≥25	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combinati on	Telephone, in-person	Dietitian, research assistants	NR	No	Yes	Yes
Eiben [9]	2006	Sweden	40	18-28	≥18.5	No	NC	NC	NC	2	1	C	Diet + PA	Combinati on	In-person, telephone, email, paper-based	Dietitian	Home	Yes	Yes	Yes
Farajzad egan [10]	2013	Iran	160	NC	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person, paper-based	Midwife	Public and private obstetric offices	Yes	No	No
Ferrara [11]	2016	USA	2280	≥18	NC	Antenatal	NC	NC	GDM	2	1	A and B	Diet + PA	Individual	Paper-based, telephone	Dietitian	KPNC (integrated health care delivery system)	Yes	Yes	Yes
Foley [12]	2012	USA	194	25-44	25-34.9	No	Black women	NC	NC	2	1	C	Diet + PA	Individual	Paper-based, telephone	Dietitian	Community health centre	Yes	No	Yes
Gesell [13]	2015	USA	135	≥16	NC	Antenatal	Predomin ately Latina women	NC	NC	2	1	A	Diet + PA	Group	In-person	Health care provider	Community recreation center	No	No	No
Gilmore [14]	2017	USA	40	≥18	25-40	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Individual	App	Dietitian	Home	Yes	No	No
Graham [15]	2017	USA	1335	18-35	18.5-34.9	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	Web-based, email	NR	Home	Yes	No	No
Guelinck x [16]	2010	Belgium	195	NC	>29.0	Antenatal	White women	NC	NC	3	2	A	Diet + PA	Combinati on	In-person, paper-based	Nutritionist	NR	Yes	Yes	Yes
													Diet + PA	Individual	Paper-based	NR	NR			
Haakstad [17]	2011	Norway	105	NC	NC	Antenatal	NC	NC	NC	2	1	A and B	Diet + PA	Group	In-person	Aerobic instructors	NR	Yes	No	Yes
Haby [18]	2015	Sweden	100	NC	30-39.9	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combinati on	In-person	Midwife, dietitian	Midwifery practice	Yes	No	No
Haire-Joshu [19]	2015	USA	1325	Adol escen ts	NC	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Combinati on	In-person, paper-based, web-based	Parent educator	Schools, homes	Yes	Yes	Yes
Harden [20]	2014	USA	16	21-35	>30.0	Antenatal	NC	Low income	NC	2	1	A	Diet + PA	Group	In-person	Graduate student with expertise in group dynamics and lifestyle interventions during pregnancy	Clinic	Yes	No	No
Harden [20]	2014	USA	51	18-45	≥18.5	Antenatal	NC	NC	NC	2	2	A	Diet + PA	Group	In-person	Graduate student with expertise in group dynamics and lifestyle interventions during pregnancy	Fitness facility	Yes	No	No
													Diet + PA	Group	In-person, paper-based	Graduate student with expertise in	Fitness facility			

																group dynamics and lifestyle interventions during pregnancy				
Harrison [21-23]	2013	Australia	228	NC	≥25 or ≥23 if high-risk ethnicity	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Exercise physiologist	Antenatal clinic	Yes	No	Yes
Hawkins [24]	2015	USA	68	18-40	≥25 pre-pregnancy BMI	Antenatal	Hispanic	NC	NC	2	1	A	Diet + PA	Individual	In-person, telephone, paper-based	Health educator	NR	No	Yes (P)	Yes (P)
Herring [25, 26]	2017	USA	66	≥18	25-45 first trimester BMI	Antenatal	African American	Low income - Medicaid recipient (income proxy)	NC	2	1	A and B	Diet + PA	Individual	Text messages, telephone, Facebook, in-person	Bachelor-level health coach	Home	Yes	No	No
Herring [27]	2014	USA	18	≥18	≥25 first trimester BMI	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Individual	Text message, telephone, social media	Bachelor-level health coach	Home	Yes	Yes	Yes
Huang [28]	2011	Taiwan	240	≥18	NC	Antenatal	NC	NC	NC	3	2	A and B	Diet + PA	Individual	In-person, paper-based	Nurse	Clinic	Yes	Yes	Yes
													Diet + PA	Individual	In-person, paper-based	Nurse	Clinic			
Hui [29]	2012	Canada	224	NC	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combination	In-person	Fitness trainers, dietitian	Community centres	Yes	Yes	Yes
Hui [30]	2014	Canada	113	NC	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combination	In-person, video	Dietitian	NR	Yes	Yes	Yes
Huseinovic [31]	2016	Sweden	110	NC	≥27	Postnatal	NC	NC	NC	2	1	B	Diet	Individual	In-person, text message, telephone	Dietitian	Primary health care clinic	Yes	Yes (P)	Yes (P)
Jackson [32]	2011	USA	321	≥18	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	Computer program/video, paper-based	Clinician	Clinic	No	Yes (P)	Yes (P)
Jeffries [33]	2009	Australia	286	18-45	NC	Antenatal	NC	NC	NC	2	1	A	Weighing	Individual	Paper-based (personalised weight-measurement card)	NR	Home, clinic	Yes	No	No
Jing [34]	2015	China	262	≥18	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person, paper-based and telephone	Graduate student	NR	Yes	Yes (P)	Yes (P)
John [35]	2014	UK	570	≥18	≥30	Antenatal	NC	NC	NC	2	2	A and B	Diet + PA	Combination	In-person, telephone	Midwife and a 'Slimming World' consultant	Antenatal clinic	Yes	Yes	Yes
													Diet + PA	Individual	Paper-based	NR	NR			
Keller [36]	2014	USA	139	18-40	25-35	Postnatal	Latina	NC	NC	1	1	B	Diet	Group	In-person	Promotoras	Community	NR	Yes	Yes
Kinnunen [37]	2012	Finland	442	≥18	≥ 25 (or other GDM risk factors)	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Nurse	Maternity clinic	No	No	No
Klem [38]	2000	USA	102	25-34	21-25	No	NC	NC	NC	3	2	C	Diet + PA	Group	In-person	NR	NR	No	No	No
													Diet + PA	Individual	Email	NR	Home			
Koivusalo [39]	2016	Finland	293	≥18	≥30 and/or with a	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combination	In-person	Nurse, dietitian	NR	No	Yes	Yes

					history of GDM															
Lim [40]	2009	Australia	203	17-37	25.1-44	No	NC	NC	NC	2	2	D	Diet + PA	Individual	In-person, web-based, email	NR	Clinical setting	Yes	Yes	Yes
													Diet + PA	Individual	In-person, web-based, email	NR	Home			
Martin [41]	2015	Australia	36	>18	25-35	Antenatal	NC	NC	NC	3	2	A and B	Diet	Individual	In-person, telephone	Dietitian, lactation consultant	Hospital	Yes	No	No
													Diet	Individual	In-person	Dietitian	Hospital			
McCarthy [42]	2016	Australia	382	≥18	≥25	Antenatal	NC	NC	NC	2	1	A	Diet	Individual	In-person	Research midwife	Antenatal clinic in a hospital	No	No	No
Mutsaerts, van Dammen [43-45]	2017	Netherlands	577	18-39	29-40	No	NC	NC	Infertile	2	1	D	Diet + PA	Individual	In-person, telephone	Nurse, dietitian	University medical centres and general hospitals	No	No	No
Nicklas [46]	2014	USA	75	18-45	24.1-50, ≥22.1 for Asian participants.	Postnatal	NC	NC	GDM	2	1	B	Diet + PA	Individual	Web-based, telephone, email	Dietitian, physician	Home	Yes	Yes	Yes
Østbye [47]	2009	USA	450	≥18	≥25 pre-pregnancy BMI	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Combination	In-person, telephone	Counselor	NR	Yes	Yes	Yes
Peccei [48]	2017	USA	300	18-49	25-40	Antenatal	NC	NC	NC	2	1	A and B	Diet + PA	Individual	In-person, telephone	Dietitian	Community health setting	Yes	No	No
Petrella [49]	2014	Italy	61	>18	>25	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Gynaecologist, dietitian	Antenatal clinic	Yes	Yes	Yes
Phelan [50, 51]	2015	USA	408	18-40	≥25 or have a BMI between 22 and 24.9 and exceed pre-pregnancy weight by at least 4.5 kg	Postnatal	NC	Low income	NC	2	1	B	Diet + PA	Combination	In-person, web-based, text message	NR	Home	Yes	Yes	Yes
Phelan [52, 53]	2011	USA	401	>18	19.8-40	Antenatal	NC	NC	NC	2	1	A and B	Diet + PA	Individual	In-person, mail (paper-based), telephone	Dietitian, interventionist	Home	Yes	Yes	Yes
Pollak [54]	2014	USA	35	≥18	25-40	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	Text message	NR	Home	Yes	Yes	Yes
Polley [55]	2002	USA	120	≥18	≥19.8	Antenatal	NC	Low income	NC	2	1	A	Diet + PA	Individual	In-person, telephone, mail (paper-based)	Master's and doctoral level staff with training in nutrition or clinical psychology	Clinic	Yes	Yes	Yes
Quinlivan [56]	2011	Australia	132	NC	≥25	Antenatal	NC	NC	NC	2	1	A	Diet	Individual	In-person	Midwife, obstetrician, general practitioner, food technologist	Antenatal clinic	No	Yes	No
Rauh [57, 58]	2013	Germany	250	>18	≥18.5	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Trained researchers	NR	Yes	Yes	Yes

Rauh [59]	2014	Germany	2500	18-43	18.5-40	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Midwife, gynaecologist, medical staff	Antenatal clinic	Yes	Yes	Yes
Renault [60]	2017	Denmark	425	≥18	≥30	Antenatal	NC	NC	NC	3	2	A	Diet + PA	Individual	In-person, telephone, text message	Dietitian	Outpatient Clinic	Yes	Yes	Yes
													PA	Individual	In-person, text message	Dietitian	Home			
Ronnberg [61, 62]	2015	Sweden	445	≥18	≥19	Antenatal	NC	NC	NC	2	1	A	PA	Individual	In-person	Midwife	Antenatal clinic	Yes	No	No
Sagedal, Sanda [63-65]	2017	Norway	606	≥18	≥19	Antenatal	NC	NC	NC	2	1	A and B	Diet + PA	Combination	In-person, telephone	Clinical dietitian or graduate students in public health, physical therapist or students in sports science	Gym, home	Yes	No	Yes
Skouteris [66]	2016	Australia	261	≥18	NC	Antenatal	NC	NC	NC	2	2	A	Diet + PA	Combination	In-person, telephone	Health coach	NR	Yes	No	No
													Diet + PA	Group	In-person	Health coach	NR			
Smith [67]	2016	USA	51	18-45	≥18.5	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	Web-based	NR	Home	Yes	Yes	Yes
Stendell-Hollis [68]	2013	USA	138	18-40	NC	Postnatal	NC	NC	breastfeeding	2	2	B	Diet	Individual	In-person	Dietitian	Study clinic	NR	Yes	No
													Diet	Individual	In-person	Dietitian	Study clinic			
Szmeja [69]	2014	Australia	1105	Child bearing'	≥25	Antenatal	NC	NC	NC	2	2	A	Diet + PA	Individual	Video	Research dietitian	NR	No	Yes (P)	Yes
													Diet + PA	Individual	Paper-based	Research dietitian	NR			
Tawfik [70]	2017	Egypt	235	18-45	NC	Antenatal	NC	NC	GDM	2	1	A and B	Diet + PA	Individual	In-person	Physician	NR	Yes	No	No
Thomson [71, 72]	2014	USA	82	≥18	NC	Antenatal	NC	NC	NC	2	2	A and B	Diet + PA	Individual	In-person	Community-based, trained Parent Educators	Home	Yes	Yes	Yes
													Diet + PA	Combination	In-person	Community-based, trained Parent Educators	Home			
Thornton [73]	2009	USA	100	18-49	<40	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Dietitian	NR	Yes	No	No
Vesco [74-76]	2012	USA	114	≥18	≥30	Antenatal	NC	NC	NC	2	2	A and B	Diet + PA	Combination	In-person	Dietitian	Centre for Health Research Clinic	Yes	Yes	Yes
													Diet + PA	Individual	In-person	NR	NR			
Vinter [77-79]	2011	Denmark	360	18-40	30-45	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combination	In-person	Dietitian, physiotherapist, physician, midwife	Hospital	Yes	No	Yes
Wilkinson [80]	2015	Australia	71	> 18 years or younger than 18 with consent of parent or	≥25	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Individual	In-person, paper-based	Dietitian	NR	NR	Yes	Yes

				guardian																
Willcox [81]	2017	Australia	100	≥18	>25	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	Text message, video, social media, in-person, web-based	Obstetrician, dietitian, physiotherapist	Home	No	Yes	Yes
Wolff [82]	2008	Denmark	66	18-45	≥30	Antenatal	NC	NC	NC	2	1	A	Diet	Individual	In-person	Dietitian	NR	Yes	Yes (P)	No
Abdel-Aziz [83]	2018	Egypt	200	20-30	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person, telephone	Nutrition counselor	Antenatal care clinic in hospital	Yes	Yes	Yes
Adamo [84]	2013	Canada	60	≥18	>18.5	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Combination	Paper-based, in-person	Exercise physiologist, dietitian, nutritionist	NR	No	Yes	Yes
Althuizen [85, 86]	2006	Netherlands	246	Child bearing'	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Counselor	Midwifery practice	Yes	Yes	Yes
Ames [87]	2005	USA	67	18-30	28-40	No	NC	NC	NC	2	2	D	Diet + PA	Group	In-person	Psychology graduates	NR	No	No	No
													Diet + PA	Group	In-person	Psychology graduates	NR			
Asbee [88]	2009	USA	144	18-49	≤40	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Dietitian, physician, nurse practitioner	Obstetrics Clinic	Yes	No	No
Asci [89]	2016	Turkey	102	>18	NC	Antenatal	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person	Researcher	Family health center	Yes	Yes	Yes
Bechtel-Blackwell [90]	2002	USA	46	13-18	NC	Antenatal	African American	NC	NC	2	1	A and B	Diet	Group	In-person	NR	Adolescent prenatal clinic	Yes	Yes	No
Bennett [91]	2013	USA	194	25-44	25-34.9	No	Black women	Socioeconomically disadvantaged	NC	2	1	C	Diet	Individual	Telephone	Dietitian	Home	Yes	No	No
Berry [92]	2011	USA	56	18-43	≥25	No	Hispanic	NC	NC	2	1	C	Diet + PA	Group	In-person	Community health educator	Local church and community centre	Yes	Yes	Yes
Berry [93]	2015	USA	60	≥18	>25	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Group	In-person	Health education interventionist	Community-based health clinic	Yes	Yes	Yes
Bertz, Brekke, Huseinovic [94-97]	2012	Sweden	68	Child bearing'	25-35	Postnatal	NC	NC	NC	4	3	B	Diet	Individual	In-person, text message	Dietitian	Research clinic and home	Yes	Yes (P)	Yes (P)
													PA	Individual	In-person, text message	Physical therapist	Home			
													Diet + PA	Individual	In-person, text message	Dietitian and physical therapist	Research clinic and home			
Bogaerts [98]	2013	Belgium	205	Child bearing'	≥29	Antenatal	NC	NC	NC	3	2	A	Diet + PA	Individual	Paper-based	NR	Home	Yes	No	No
													Diet + PA	Group	In-person, paper-based	Midwife	NR			
Brownfoot [99]	2016	Australia	782	18-45	NC	Antenatal	NC	NC	NC	2	1	A	Non-specific	Individual	In-person	Clinician	Antenatal clinic	Yes	No	No
Chang [100]	2010	USA	129	18-34	25.0-39.9	NC	African American or non-Hispanics	low-income	NC	2	1	D	Diet + PA	Combination	Video, telephone	WIC educator	Home	Yes	Yes	Yes

Chang [101, 102]	2017	USA	612	18-39	25.0-39.9	Postnatal	African American or non-Hispanics	low-income	NC	2	1	B	Diet + PA	Combination	Video, telephone	WIC educator	Home	Yes	No	No
Chasan-Taber [103]	2015	USA	300	18-45	≥25	Antenatal	Hispanic	NC	NC	2	1	A and B	Diet + PA	Individual	In-person, paper-based and telephone	NR	Home	Yes	Yes	Yes
Clements [104]	2016	Australia	710	≥18	≥18.5	Antenatal	NC	NC	NC	2	2	A	Diet + PA	Individual	Telephone, paper-based	Health coaches	Antenatal clinic, hospital	Yes	Yes	No
													Diet + PA	Individual	Telephone, paper-based	Health coaches	Antenatal clinic, hospital			
Colleran [105]	2012	USA	31	23-37	25-30	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Individual	In-person, online	Dietitian, research assistants	Home	Yes	Yes (P)	No
Craigie [106]	2011	UK	52	16-50	>25	Postnatal	NC	Living in areas of moderate to high deprivation	NC	2	1	B	Diet + PA	Individual	In-person, telephone	Trained lifestyle counsellor	A location most convenient for the participant	Yes	Yes	Yes
Hui [107]	2006	Canada	52	Child bearing'	NC	Antenatal	NC	Socioeconomically deprived living in an urban core.	NC	2	1	A	Diet + PA	Combination	In-person, video	Professional trainers (exercise), student assistants, dietitians	Community centre	No	Yes	Yes
Krummel [108]	2010	USA	151	≥18	Not underweight	Postnatal	NC	low-income	NC	2	1	B	Diet + PA	Combination	In-person, newsletters	Nutritionists facilitated the group discussions, dietitian conducted the counselling session	WIC offices, church basement and YMCAs	Yes	Yes	Yes
Leermakers [109]	1998	USA	90	≥18	≥22	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Combination	In-person, paper-based via mail, telephone	NR	NR	Yes	Yes	Yes
O'Toole [110]	2003	USA	40	Child bearing'	25-29.9 prior to pregnancy	Postnatal	NC	NC	NC	2	1	B	Diet + PA	Combination	In-person, paper-based	Dietitian, exercise physiologist	University exercise research lab	Yes	Yes	Yes
Nagle [111]	2011	Australia	214	Child bearing'	≥30	Antenatal	NC	NC	NC	2	1	A	Diet	Individual	In-person, paper-based	Midwife	Hospital	Yes	No	No
LeBlanc [112]	2016	USA	150	18-40	≥ 27	No (planning in next 2 years)	NC	NC	NC	2	1	A	Diet + PA	Individual	In-person, paper-based, online, telephone	Health coach	NR	Yes	Yes	Yes

* Intervention focus. A = excessive GWG prevention; B = Postpartum weight loss/preventing weight retention; C = General weight gain prevention; D = General weight loss

Table S3. Summary of Included Systematic reviews inclusion criteria

Author	Year	Number of RCTs included	Age	BMI	If yes, what?	Ethnicity	SES	Clinical Condition	Intervention focus	Behaviour change focus	Mode of delivery as inclusion criteria? (y/n)	Medium of delivery as inclusion criteria (y/n)	Profession intervention deliverer as inclusion criteria? (y/n)	Setting as inclusion criteria? (y/n)	Weight-related outcome	Diet outcome as inclusion criteria? (y/n)	Physical activity outcome as inclusion criteria? (y/n)
Brown [113]	2012	5	≥18	NA	Antenatal	No	No	No	Excessive GWG prevention	Diet + PA	No	No	No	No	Yes (P)	No	No
Kuhlmann [114]	2008	3	NA	NA	Prenatal, antenatal and postnatal	No	No	No	Excessive GWG prevention and postpartum weight loss	Diet + PA	No	No	No	No	Yes	No	No
Quinlivan [115]	2011	4	NA	≥25	Antenatal	No	No	No	Excessive GWG prevention	PA	No	No	No	No	Yes	No	No

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